



August 2006
Volume 1, Issue 4

**CAPITOL MID-WEEK
FARMERS'**



MARKET

TOPEKA

Capitol Mid-Week Farmers'
Market
May 24–October 25, 2006
Wednesday Mornings
9 a.m. to 2 p.m.
Capitol Grounds
10th Avenue and Jackson
Downtown Topeka



Healthy Kansas Goals:
1. Increase your physical activity levels to at least 30 minutes five days each week
2. Eat a healthy, nutritious diet (including five+ daily servings of fruits and vegetables)
3. Stop using tobacco products, or significantly reduce your consumption.

HOME-GROWN IN KANSAS

The Joy of Going to Market Shopping and Socializing at the Midweek Market



Pick up your fresh produce at the Capitol midweek market and you will find it to be a very different experience than going to the supermarket. For instance, at the local supermarket, are you able to talk to the grower who planted, tended, and harvested your green beans? The Farmers' Market is not only a place to get the freshest, highest quality produce available (besides home-grown), but it is a place to browse lazily, talk with colleagues and farmers, exchange recipes, and make unexpected discoveries.

What's fresh for August

Apples, basil, blackberries, eggplant, leeks, melons, peaches, okra, carrots, cherries, corn, cucumbers, garlic, green beans, hot and sweet peppers, soybeans, onions, potatoes, summer squash, and tomatoes.

"It's a Veritable, Vegetable Paradise!"

(Wallace and Gromit - Curse of the Were-Rabbit)

Now is the season to find all of your favorite vegetables. From Japanese eggplants and okra to corn and tomatoes - you'll find it all at the Capitol Market on Wednesdays. Don't miss out on the complimentary availability of tomatoes and basil to make delicious sandwiches and pasta dishes. Try an easy recipe with sautéed okra over rice (see second page). Grill up sliced eggplants and peppers and serve on crusty bread. The options are limitless. For any of these combinations, simply type in desired produce into the google.com search box to find some great, free recipes.

Fresh From The Farm

FOCUS: Okra

Green fruits and vegetables, such as okra, contain health-promoting phytochemicals that help to maintain a lower risk of some cancers, vision health, and strong bones and teeth.

Okra is a good source of both soluble and insoluble fiber. Soluble fiber helps to reduce cholesterol levels, reducing risk of heart disease. Insoluble fiber helps maintain gastrointestinal health.



Look for okra at the Wednesday Market -

A single serving of okra (1/2 cup, cooked) has 25 calories and 2 grams of fiber. Select young, tender pods not more than 3 inches that have a fresh green color with light caps. Avoid pods that look dry, shriveled, or decayed. Store unwashed in plastic bags in the crisper drawer of your refrigerator.

The “slimy” substance that turns some people off can be minimized by leaving the okra whole or avoiding puncturing the “capsule” within the pod - this would entail only cutting off the thinnest slices from the end and leaving the capsule whole. Most importantly, do not overcook okra - cook just until tender.

Featured Recipe:

Quick and Terrific Sautéed Okra

This wonderful dish is ready in less than 5 minutes.

Onion, chopped

Garlic, minced

Extra-virgin olive oil

Okra, sliced



Sauté the onion and garlic in some olive oil. Add the sliced okra and sauté until tender. Serve over rice. Adjust amounts of onions, garlic and okra to number of people being served.



Kansas Department of Health & Environment
For an electronic copy of this newsletter see:
<http://www.healthykansans2010.org/kslean/>
Contact: jchurch@kdhe.state.ks.us for more information